

Presentation at Part 15 hearing on Homeopathic Product Regulation (April 20-21, 2015)

Nancy Peplinsky

Founder and Executive Director
Holistic Moms Network

I. Introduction

A. *My credentials*

- Founder and Executive Director of the Holistic Moms Network
 - 501(c)(3) non-profit organization connecting parents interested in holistic health and green living
 - Founded 11 years ago
 - > 100 chapters across the United States
 - >12,000 mom members
- Mother of two boys
- 3 higher degrees in political science

B. *My introduction to homeopathy*

- 25 years ago during graduate school.

2. FDA Questions

A. **Q#1: What are consumer and health care provider attitudes towards human drug and biological products labeled as homeopathic?**

Safety: Fill a niche that no other drugs choices can for my family

- My oldest son has numerous seasonal and food allergies
 - Allergic to dairy, soy and gluten
 - Allergic to capsules of many mainstream drugs
 - Dangerous reactions to several drugs, include the EpiPen
 - Homeopathic medicine is my choice rather than give him nothing for relief
- My younger son is special needs child, has trouble swallowing pills
 - Homeopathy provides easy solution to manage mild issues
 - Melt under tongue
 - Don't interact with other medication

Cost/Accessibility

- I have limited time and budget
 - Can't go to doctor for mild conditions
- Easier to find at mainstream retailers

Ease to Use

- Children like the taste
- No pills to swallow

Engages Parents

- More aware of children's symptoms
- Teaches you to ask questions and not blindly give a one-size-fits all OTC drug

Teaches Kids

- To be responsible and engaged in their own health
- Talk about diet and daily choices to strengthen immune system
 - Headaches – talk about foods, hydration, etc.

Great Results

- Share positive experiences
- One reason Holistic Moms Network was founded

B. Q#8: Do consumers and health care providers have adequate information to make informed decisions about drug products labeled as homeopathic? If not, what information, including, for example, information in labeling, would allow consumers and health care providers to be better informed about products labeled as homeopathic?

- Education needed
- Packaging that conforms to Drug Facts is helpful

3. Final thoughts

1. Homeopathic medicines help my family
2. I appreciate the safety of homeopathic medicines.
3. I want continued access to homeopathic medicines that I can select at retail.